



Amaretto-Hot Fruit Compote

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



12

CALORIES



347 kcal

SAUCE

Ingredients

- 2.3 ounce almonds divided toasted sliced
- 0.3 cup amaretto
- 17 ounce apricot halves canned
- 0.3 cup butter
- 12 coconut macaroons crumbled soft
- 16 ounce peach halves canned
- 16 ounce pear halves canned
- 15.3 ounce pineapple chunks canned

16.5 ounce cherries dark sweet pitted canned

Equipment

bowl

oven

baking pan

Directions

Drain fruit, reserving syrup for another use.

Combine fruit in a large bowl.

Place half of fruit mixture in an 11" x 7" x 1 1/2" baking dish; sprinkle with half of crumbled macaroons.

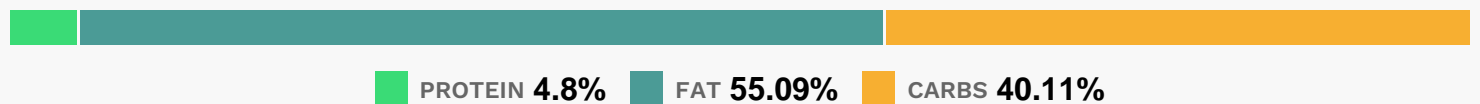
Sprinkle 3 tablespoons almonds over macaroons and dot with 2 tablespoons butter. Repeat procedure using remaining fruit mixture, remaining macaroons, 3 tablespoons almonds, and remaining butter.

Drizzle amaretto evenly over fruit mixture.

Bake at 350 for 25 minutes or until bubbly.

Sprinkle with remaining almonds before serving.

Nutrition Facts



Properties

Glycemic Index:13.39, Glycemic Load:6.03, Inflammation Score:-7, Nutrition Score:11.558695568339%

Flavonoids

Cyanidin: 13.41mg, Cyanidin: 13.41mg, Cyanidin: 13.41mg, Cyanidin: 13.41mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 0.58mg, Peonidin: 0.58mg, Peonidin: 0.58mg, Peonidin: 0.58mg Catechin: 5.2mg, Catechin: 5.2mg, Catechin: 5.2mg, Catechin: 5.2mg Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg Epicatechin: 6.19mg, Epicatechin: 6.19mg, Epicatechin: 6.19mg, Epicatechin: 6.19mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg

Nutrients (% of daily need)

Calories: 347.14kcal (17.36%), Fat: 21.98g (33.82%), Saturated Fat: 14.41g (90.05%), Carbohydrates: 36.01g (12%), Net Carbohydrates: 27.46g (9.99%), Sugar: 25.84g (28.71%), Cholesterol: 0mg (0%), Sodium: 60.23mg (2.62%), Alcohol: 1.7g (100%), Alcohol %: 0.86% (100%), Protein: 4.31g (8.63%), Manganese: 0.9mg (44.85%), Fiber: 8.54g (34.17%), Vitamin A: 1118.37IU (22.37%), Copper: 0.41mg (20.34%), Vitamin C: 14.8mg (17.94%), Vitamin E: 2.33mg (15.52%), Potassium: 528.31mg (15.09%), Magnesium: 48.47mg (12.12%), Phosphorus: 110.7mg (11.07%), Iron: 1.89mg (10.49%), Selenium: 5.8µg (8.28%), Vitamin B2: 0.13mg (7.66%), Vitamin B1: 0.11mg (7.62%), Folate: 25.98µg (6.49%), Zinc: 0.93mg (6.21%), Vitamin B3: 1.21mg (6.07%), Vitamin B6: 0.12mg (6.01%), Vitamin K: 5.28µg (5.03%), Calcium: 43.05mg (4.3%), Vitamin B5: 0.41mg (4.14%)